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**MARCHELLE ABRAHAMS**

**M**ICHAEL and Debbie Campbell have visited more than 160 cities in 56 countries, including all of Europe as well as Morocco, Turkey, Israel, Russia, Mexico and Cuba, and documented it all in print and digital.

Their blog reveals a distinct effort to be relevant: the last movie they watched was *Trolls*, in a matter of days in Cape Town they've already shopped at "Woolies".

The Senior Nomads, as they're known in the blogosphere, arrived in Cape Town on March 6 and intend to be in the country until June.

Their model is clearly different from that of the tourist or gypsy traveller. With their mantra being "We are not on vacation", the couple have taken in the sights and sounds of the Mother City, documenting their experience on Instagram of: Table Mountain, Boulders Beach and the Cape Town Philharmonic Orchestra.

So, what makes a couple close to retirement age pack up and leave everything behind? "It was Christmas four years ago. We had four grown children and were talking about retirement. Our eldest, Mary, asked about Airbnb and staying in homes around the world," says Michael, 71.

The couple sold everything they had, including their sail boat, put the rest in storage and set off with two suitcases and two backpacks in July 2013 – and they've been travelling ever since.

A common theme throughout their travels is their preference for staying in hospitality service accommodation. Initial thoughts were: Are they sponsored by the



ON THE ROAD, AGAIN: Happily married couple, Michael and Debbie Campbell, have given new meaning to the concept of retirement.

PICTURES: INSTAGRAM

## WHY FLYING IS GOING TO GET A WHOLE LOT BUMPIER

BY VANESSA ALLEN  
SCIENCE CORRESPONDENT

IT IS bad news for those who hate flying, but air travel is about to get a lot bumpier.

Severe turbulence, which can land air passengers in hospital, will be twice as likely on flights over the next 30 years.

This is the warning from the University of Reading, based on research on the jet stream air current that controls Britain's weather.

Warming air currents at 35 000 feet will raise light turbulence by 40%, but the chances of white-knuckle severe turbulence, which causes injuries as passengers and luggage are thrown about, will double by 2050.

Dr Paul Williams, whose study is published in the journal *Advances in Atmospheric Sciences*, said:

"Our new study paints the most detailed picture yet of how aircraft turbulence will respond to climate change.

"For most passengers, light turbulence is nothing more than an annoying inconvenience, but for nervous fliers even light turbulence can be distressing.

"Even the most seasoned frequent fliers may be alarmed at the prospect of a 100% increase in severe turbulence, which frequently hospitalises air travellers and flight attendants around the world."

On US flights alone, more than 50 air crew and passengers are seriously injured a year by turbulence.

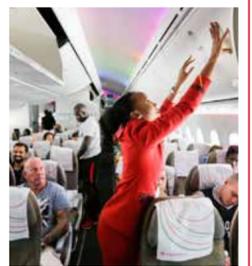
It is caused when bodies of air moving at dramatically different speeds meet.

The jet stream, a ribbon of strong winds around the globe, is the most important of these bodies.

Williams said: "The best way to describe it is to imagine a river, which has little turbulence when it is not flowing quickly.

"But when there is a downpour, it starts flowing rapidly.

"The equivalent of that downpour is climate change, which is increasing the temperature difference between the pole and tropics which the jet stream covers, and making it faster and more violent." – Daily Mail



AIRTURBULANCE: Watchout for things falling out of the overhead lockers.

PHOTO: EPA/DANIEL IRUNGU

“As we get older we narrow our choices... Just look out over the horizon and give it a go – life is short”

online holiday rental site, or given a discount when booking? Michael and Debbie both laugh, saying that it's quite the contrary – they pay for all their lodgings. But the reason for choosing a hospitality service is because they want to immerse themselves in the local culture when setting foot in a new country.

An interesting fact, though, is that the holiday rental site did buy more than 7 000 copies of their book *Your Keys, Our Home*, and a hospitality service is mentioned in the acknowledgements section of the book.

"What we do is look closely at places available with a host to make us feel comfortable," explains Michael. Once settled in, their aim is to live life like a local. "We're not on vacation, and we're also not in a rush. We're life-long learners, so we want to absorb more about the country, city and the neighbourhood."

One way of doing this is by researching what free attractions each destination has on offer. The couple always do free walking tours in each city they visit and, so far, they've taken full advantage of Cape Town's free offerings.

But it's the generosity of the locals that has captured Debbie and Michael's hearts. Upon arrival in the Mother City, Michael went to a local soccer match at Athlone Stadium. He arrived alone with no ticket and was completely unaware of his surroundings. "A complete stranger approached me and offered

me a comp ticket for the Ajax game, and then invited me to watch the match with him and his mates."

Debbie then goes on to explain her experience of visiting Robben Island for the first time, accompanied by Mandela's very own cook, where she was given a first-hand-account of how life was on the prison island during the apartheid era.

The Campbells don't fit the mould of what tradition dictates. Society tells us to get an education, travel the world, settle down and then retire. They've done a complete U-turn, but seem to be taking it all in their stride, even passing on the travel bug to their children – with all four of them scattered around the globe.

Travelling in the digital age has made their experiences so much more enriching. Compared to 10

### SENIOR NOMAD TIPS FOR COUPLES THAT TRAVEL TOGETHER

Michael and Debbie Campbell have been married for 38 years.

They're together for 24 hours a day and still are very much in love.

We asked the couple for their relationship tips while travelling:

- Be flexible when it comes to schedules and planning trips

- Be patient with one another

- Agree to stick to a strict budget

- Always have fun



## They're not on holiday, but they're no gypsies either. Marchelle Abrahams caught up with a Seattle couple who are leisurely living all over the world...

# HOW THESE SENIOR NOMADS ARE REINVENTING RETIREMENT

years ago, Debbie and Michael find that the birth of the internet has made it easier for them. They're now able to plan their trips and schedules all online. "We don't just rely on guidebooks any more, and we always make sure we have wifi

access!" they both chuckle.

Where to next for these global senior citizens? The couple's next stop is Zanzibar and from there they'll travel east to Dar es Salaam and Kigali. They visit Seattle once a year for two months, and thereafter

it's on to the next destination.

Some people would scoff at their nomadic lifestyle. But there's something inspiring about their story. They call themselves "fit seniors" because they have the freedom to go anywhere they want

to. "We walk all the time so we're in good health. And there's something liberating about not having any baggage, literally," says Debbie. She then adds that they have one rule: If you can't eat it, drink it or experience it – don't buy it!

The couple has rewritten the book on retirement at a point in their history when retirement and old age is longer than it has ever been, thanks to healthcare.

Michael says: "We encourage people to follow their own North Star. As we get older, we narrow our choices and our options get smaller. Just look out over the horizon and give it a go – life is short."

Debbie nods in agreement: "People don't give themselves permission any more. Just do it."

\* Visit the Senior Nomads blog: <http://seniornomads.com/blog/>

**STAFF REPORTER**

ANY new chapter in life is daunting yet exciting. Going from a large, cluttered home to a compact one is no different.

There are major benefits to making that transition to a much more hassle-free lifestyle.

"Although the idea of having to get rid of excess material objects can be somewhat overwhelming for many people, there is much to be gained in the process," said Phillip Barker, managing director of Renishaw Property Developments.

"This includes a decrease in costs linked to home insurance, security and full-time domestic help, as well as home and garden maintenance."

Some tips that will come in handy:

**1. Write up your wish list**

Once you've made the decision to downsize, sit down and write a list of the furniture or precious items you feel you cannot live without.

Think carefully and realistically about what items you will have to donate or throw away.

**2. Target recipients for special items**

For antique furniture or family heirlooms that won't fit into the new place but you can't bear to sell or donate, think of family or close friends who might like to give these treasured pieces a new home.

**3. Start clearing out three months before**

Take some time every day to go through cupboards and drawers and clear out what you won't be taking with you. This will make the process a lot less daunting and give you time to assess every item.

**4. Target storage areas first**

Attics, basements, garages and old cupboards will yield a mammoth number of discarded items for which you probably have no need.

Start clearing out these jam-packed areas first, as this is usually the most time-consuming process.

**5. No room for 'maybes'**

As tempting as it is to create a 'maybe' pile, the reality is that you probably don't need the items and

## PLANNING TO DOWNSIZE? FOLLOW THESE HELPFUL TIPS

are just delaying a decision.

This pile is also taking up room so rather make the hard choices now.

**6. Get an objective opinion**

If you have a tendency to hoard items because of sentimental value or because they "might be useful", call in someone who can give an honest, sometimes brutal, outside opinion. Often it takes another



**BOX OR BIN IT: Start sorting and labelling three months before the move.**

PICTURE: FLICKR.COM

person's perspective to get you to realise that you don't actually need 10 hosepipes, especially when you won't be tending the lawn yourself.

**7. Divide objects into different categories**

A good idea is to label three boxes "To Keep", "To Sell" or "To Donate", with a black bag for all items to be tossed.

As you go through each room, place items in the correct boxes and try to get rid of the items for sale or to be donated as often as you can, so as to make room.

Keep in mind that charities do not want broken or damaged goods, rather only donate items that have some resale value.

**8. Focus on the most-used**

**items first**

You may have the most exquisite selection of red wine glasses, yet you really only drink white wine.

Think about how often you use the item and decide whether it's worth taking up space in your new place.

If you haven't used them in the last year, they definitely don't need to make the move.

**9. Get an appraiser**

If you have several high-value items you are looking to sell, consider getting in an appraiser to give you a valuation.

Remember, auction houses aim to sell items at the best price, whereas antique dealers aim to get items for the lowest price.

**10. Get measurements**

To ensure the furniture you're keeping will fit into your new home, get accurate room measurements as well as a floor plan if possible.

This will allow you to plan the arrangement of your furniture without any special surprises.

Remember to take into account the position of doors and windows

when deciding on furniture placement.

**11. Assess storage areas**

Don't overestimate the storage space in your new home.

Check how many kitchen and bedroom cupboards are available before you start clearing.

If there is a garage, decide if you will be using it for parking or as a storage space and take measurements.

**12. Label everything carefully**

Don't assume that you will remember what is in the large brown box near the door.

Clearly label what is in the box and which room it is destined for in your new home, so as to not create pandemonium on moving day.

"There is very little chance that you will arrive at your new place and discover that you don't have enough stuff," said Barker.

"Although it can be tough, you have to be quite ruthless in your decision-making.

"This will allow you to start afresh in your new home."